

Sheet Pan Miso Glazed Salmon and Veggies (DF, GF option)

15 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400°F. Coat a large rimmed baking sheet with coconut oil- you can place it on the pan in solid form, place in the oven for less than a minute to melt and swirl around to coat the entire pan. For easy cleanup line with foil before greasing it.
2. In a small bowl mix the miso, tamari (or coconut aminos), maple syrup and ginger together. Place the salmon fillet in the center of the pan and brush half of the miso glaze on top of it. Reserve the rest of the miso in a small bowl.
3. In a large bowl, add vegetables and pour in the remaining miso glaze plus add 2 Tbsp oil and salt and pepper to taste. Spread them out around the salmon in a single layer.
4. Bake for 15-20 minutes, or until salmon flakes easily with a fork.
5. Meanwhile you can cook the rice according to the package directions.
6. Once salmon is cooked, sprinkle with green onion and sesame seeds. Serve immediately with rice.

Notes

Note:

You can easily swap out the vegetables listed for your favorites. To mix it up, try cauliflower, diced bell peppers or asparagus.

Note:

Recipe adapted from <https://www.platingsandpairings.com/one-pan-miso-glazed-salmon-vegetables/>

Ingredients

- 1 1/2 lbs Salmon Fillet (skin on)
- 1/3 cup Miso Paste (white)
- 2 tbsps Tamari (or coconut aminos)
- 1 tbsp Maple Syrup
- 2 tbsps Ginger (peeled and grated, divided)
- 2 cups Broccoli
- 1 cup Snow Peas
- 1 cup Zucchini (diced)
- 1 cup Carrot (sliced)
- 2 tbsps Coconut Oil (or avocado oil, plus extra for coating pan)
- Sea Salt & Black Pepper (to taste)
- 2 stalks Green Onion (thinly sliced)
- 2 tsps Sesame Seeds (optional)
- 1 cup Jasmine Rice
- 2 cups Water

Nutrition

Amount per serving

Calories	573	Cholesterol	94mg
Fat	20g	Sodium	1723mg
Carbs	57g	Vitamin A	763IU
Fiber	5g	Vitamin C	57mg
Sugar	10g	Calcium	101mg

Protein 43g Iron 3mg